Arthritis Fact Sheet

Get The Most Out Of Your Appointments

Be Prepared

- Think about and write down your concerns and questions
- Consider taking a support person, a second pair of ears
- You can request an interpreter for your appointment

Ask Questions

- To help you understand your condition
- To help you understand the benefits and side effects of treatment options including medications
- Share what you have been experiencing so your clinician can understand more about how your condition is affecting you.

Repeat

- Ask for information to be repeated if you do not understand
- Ask for pictures to be drawn to help you understand
- Is there some written information you can take away about your condition and important treatment instructions?

Follow Up

- Are there other opportunities where you can learn more about your condition or treatments? i.e. Arthritis New Zealand
- Make sure you understand what to do next. Ask for instructions to be written down, including your next appointment
- Your pharmacist where you collect your prescription is also a good person to ask questions about medications

For more information & support
Search for Arthritis New Zealand on any of these platforms:

Email: info@arthritis.org.nz,
Phone: 0800 663 463,
Website: arthritis.org.nz

Arthritis NZ
Mateponapona
Aotearoa